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#### Manage Your Body Clock™

Sleep Better.



Wake Refreshed.



Have More Energy.



Improve Your Mood.™



Get an energy boost. Naturally.



User Guide



FULL-SPECTRUM LIGHT THERAPY

## Read All Safety Guidelines Before Using Your briteLITE™

Observe these safety instructions to avoid potential hazards that could result in personal injury or damage to your briteLITE™.

- Never use damaged or worn cords or plugs—this could result in electric shock, burns, and/or fire.
- Don't place heavy objects on top of the cord.
- When unplugging the briteLITE, grasp the plug directly to avoid damaging the cord. Never pull on the power cord to remove a plug from the socket.
- Unplug the light before servicing to eliminate the risk of electrical shock.
- The lamps can become extremely hot. Allow at least five minutes for the lamps to cool before handling.
- To avoid damage to the briteLITE never expose your light to water or other liquids.
- Do not place any object on top of the briteLITE.
- Limit disassembly. We designed the briteLITE so that you can remove the front cover and change the bulbs safely. You risk electrical shock and/or damage to the light if you do any other disassembly. An Apollo authorized service representative should perform all other maintenance.

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## Thank You for Purchasing the briteLITE 6

You have the #1 selling brand of light therapy devices complete with BRITEWAVE™ Technology, a safe and effective form of light therapy. No other line of products combines the benefits, ease of use, portability, and performance provided by Apollo Health.

Visit [www.ApolloHealth.com](http://www.ApolloHealth.com) now to:

- Register your briteLITE
- Learn more about your briteLITE and BRITEWAVE technology
- Purchase accessories

Don't have Internet access? Be sure to fill out the warranty card located inside the box and mail it to Apollo Health.

### Safe and effective

According to independent ocular safety testing, BRITEWAVE light is safe when following the recommended usage guidelines. The effectiveness of the 10,000 lux, full-spectrum light used in the briteLITE has been researched and is advocated by leading medical universities. For more information visit [www.ApolloHealth.com](http://www.ApolloHealth.com).

## Understanding Light, Health, and Circadian Rhythms

The human body uses light cues, such as those provided by the sun, to time certain internal functions. Properly timed rhythms regulate mood, sleep, energy, appetite, and digestion. These daily internal cycles, called circadian rhythms, sometimes fall out of sync, resulting in an imbalanced body clock.

Unfortunately, modern living has dramatically altered nature's cues. A modern day no longer starts at the crack of dawn and ends at 8:00 p.m. Workdays are longer and many people face shift work schedules. Additionally, electric lighting allows social gatherings and personal activities to extend well into the night. These factors have diminished the body's natural means of regulating the body clock.

### Circadian rhythm imbalance

When our circadian rhythm becomes imbalanced, the body produces the wrong hormones, chemicals, and neurotransmitters at the wrong time of the day. The results range from feelings of sadness to sleeplessness to lack of energy. Many people suffer from a loss of energy and mood that can last for a short period of time to more than a couple of weeks. For many, these feelings come on stronger in the winter and in darker climates.

### An imbalance in circadian rhythms contributes to the following:

- Winter blues
- Lack of energy (especially in the winter)
- Feelings of sadness
- Sleeplessness
- Jet Lag
- Mood swings
- Lack of concentration
- Irritability
- Loss of appetite

### Restore balance with BRITEWAVE Technology

BRITEWAVE Technology helps shift circadian rhythms back to their normal pattern by delivering a specifically engineered wavelength, color, and intensity of light that stimulates the production of key substances triggered by the brain. BRITEWAVE naturally affects the body by shifting the body clock to its correct timing, causing the proper signals to be produced at the right time of day.

## Product Specifics:

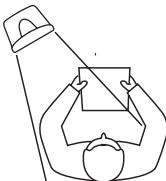
- Professional's choice
- TREATEWAVE full-spectrum technology
- Treats moderate to severe symptoms
- 100% effective bandwidth



## Positioning Your briteLITE

The briteLITE has an eight-foot cord, which gives you freedom to use your device in locations that are most convenient for you. Many people place the light on a counter, table, or desk.

- Position the briteLITE approximately 20–30 inches away from you and at a 45° angle from your body (see diagram 1). You can read, eat, work at the computer, watch TV, put on makeup, or exercise while using your briteLITE.
- Allow the light to bathe your face.
- Use your briteLITE in a well-lit room to minimize eyestrain.
- For best results, place the briteLITE near you at eye level so it shines directly toward your eyes.
- The proper response to light therapy occurs through the retina of the eye, not through the skin. However, you do not need to stare at the light. If you are in front of the briteLITE and position it close enough, only an occasional glance is needed to achieve the maximum benefits.



(Diagram 1)

## Turning on your briteLITE

1. Properly position the briteLITE.
2. Plug the cord into a standard outlet.
3. Press the TIMER button to select the desired session time—15, 30, 45, or 60 minutes. NOTE: You need to set the timer only once. After the first use the device will keep that setting for future sessions. To program a new duration simply turn the unit off, select the new duration, then turn the unit on.
4. Turn the unit on by pressing the ON/OFF switch located on the front of the unit. You can increase or decrease the duration of a session by using the timer button while the light is on.

## Keep your eyes open for optimal results

The hormonal response created by the briteLITE is triggered through the retina of the eyes—not the skin. This is not a tanning light. In fact, Apollo's BRITEWAVE Technology creates specific wavelengths that produce a circadian response while eliminating UV hazards. Further, the lights are flicker-free to reduce eyestrain.

## When To Use Your briteLITE

Consult a doctor or therapist to determine your best schedule for use. He/she will help you with a daily schedule to aid in restoring a strong circadian rhythm. Since everyone's circadian rhythm is unique, BRITEWAVE users may need light at different times of the day for maximum effectiveness.

You may also obtain a customized usage guide based on your needs by taking the free online Apollo Health Circadian Rhythm Self-Assessment found at <http://www.ApolloHealth.com>.

### Morning light benefits

Many people benefit from early morning light. If you find it difficult getting up each day without an alarm clock or sleeping in, you need morning light. Use the briteLITE within the first hour or two after waking.

### Evening light benefits

Some people benefit from evening light. If you find it difficult staying awake in the late evening or wake up too early in the morning, you need evening light. Use the briteLITE before the onset of drowsiness.

Note: You should not use evening light within two hours of bedtime. Bright light may suppress the production of the nighttime hormone, melatonin, and it could take a couple of hours before your body releases melatonin again. If you use your briteLITE after 9:00 p.m., you may find it difficult to fall asleep before midnight.

### Usage duration

Usage duration varies according to your needs. If your physician recommends a plan for you, follow that plan. Most people obtain best results using the briteLITE first thing in the morning. Exposure time can be as little as fifteen minutes or as long as an hour. The majority of users receive excellent results with just 20–30 minutes per session.

### Determining initial session time

Leading researchers recommend 30 minutes of 10,000 lux, BRITEWAVE-powered light per session. Be sure to consult with your doctor or therapist for his/her recommendation. All BRITEWAVE-powered lights provide 10,000 lux, but at varying distances.

### Reduced time for “maintenance sessions”

After a week or two of use, and once your desired results are achieved, you can reduce your session time from 30 minutes to 15 or 20 minutes.

### Frequently Asked Questions

#### Do I have to take off my glasses when I use the briteLITE?

No. Reading or prescription glasses and contacts do not reduce the effect of the light. However, you should not use tinted glasses or sunglasses.

#### Are there any major side effects?

The briteLITE is extremely safe. There have been some reports of headaches and anxiety. This is usually resolved by sitting farther away from the unit.

#### Can I get sunburn from using the light?

No. BRITEWAVE Technology eliminates almost all measurable UV light.

#### Should I use the briteLITE every day?

You should use the briteLITE daily, especially during the winter months. Many people find that they don't need the light during the summer. Others use it year-round because they work indoors or have limited exposure to natural light.

#### Can the light cause harm to children or pets?

No. The lights are safe around children and pets. The lights will actually draw many pets to sit by it.

## Can I use the briteLITE more than once a day?

For most people, using the briteLITE once a day is sufficient. It is important to keep in mind that using the light too late in the evening may adversely affect your sleep.

## How long do the bulbs last?

Under normal usage, the bulbs will last up to three years. We recommend you replace the bulbs after two or three years of use because they will lose brightness over time.

## Ophthalmologic Concerns

If you suffer from an eye disease or have a history of eye disease in your family, you should consult your ophthalmologist before using your briteLITE. Also, if you are experiencing any temporary eye problems, wait until the problems are resolved before using the briteLITE.

As with any bright light source, you should not stare directly into the light. The beneficial reaction happens when the melanopsin photoreceptors in the eye are stimulated. Since these photoreceptors lie in the periphery of the eye, you will get a much better outcome if you position the briteLITE at a slight angle to your face.

When used as directed, all Apollo light products are free from UV light risk to the eye and produce a safe, diffused field of light. Apollo's lights have been tested for ocular safety and have been used in dozens of government and clinical studies.

## Service and Repair

You should clean your briteLITE at least once per year, preferably at the same time of year as you began using it.

### Cleaning your briteLITE

1. Unplug your briteLITE.
2. On the back of the unit find the four screw holes marked with a “+”. These are the screws that hold the lens. Remove the four (4) screws that hold the lens in place.
3. Remove the lens.
4. Tilt lamps forward for removal.
5. Wipe any dust from the lamps, reflector, and lens, using a water moistened cloth towel.

**Note:** Make sure the unit is completely dry before reassembling or plugging in. Do not attempt to remove the reflector as this may void your warranty.

### Replacing lamps

The lamps inside the briteLITE usually do not burn out but will decrease in intensity over time. We recommend replacing your lamps every two to three years with normal use. You can order replacement lamps online or call Apollo's Service Department (telephone number located on the back cover of this manual).

## Contacting Apollo's Service Department

If a lamp appears to have gone out, it may be due to a malfunction in an electrical component. If your briteLITE produces no light, please call Apollo's Service Department (telephone number located on the back cover of this manual).

If only one of the lamps is not functioning, test the lamp by switching its place with a working lamp. If the lamp works in the other socket, call Apollo's Service Department for instructions.